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TWO HUNDRED AND SEVENTY-FIVE WAR-TIME RECIPES

CAROLYN PUTNAM WEBBER

TWO HUNDRED AND SEVENTY-FIVE

WAR-TIME RECIPES

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FOREWORD

The following chapters suggest substitutions and economies and it is their purpose to enable one to obtain results without the waste of materials in experimental attempts in the home kitchen.

Most of the recipes have been given to audiences on the slips used at demonstration lectures, but are here assembled for every day use.

The recipes are not all original but have all been tested and in many cases slightly changed to meet personal methods and tastes.

MEASUREMENTS

Accurate measurements are necessary to insure success.

Level measurements are always to be used.

The cup should have the half, third and quarter marked on it.

One-half spoonful should be taken lengthwise and not crosswise of the spoon.

White flour should be sifted before measured.

c — cup
tbsp — tablespoonful
tsp — teaspoonful

All bread recipes are in quantity for one loaf, all muffins for 9 to 12 muffins, and all other quantities the amount needed for the average family of four adults.

NOTE

In some recipes detailed instructions as to the combination of ingredients have been omitted, especially to avoid repetitions. Where directions are not given and any special order is necessary to insure success, combine in given order, reading across each line. Example : Cream Salad Dressing, page 47. Into oil, stir flour, salt, mustard, pepper and sugar. Add milk, then beaten egg and lastly, vinegar.

CONTENTS

RELEASE WHEAT FLOUR

Chapter 1. Yeast Breads 7
" 2. Quick Breads 12
" 3. Muffins and Gems 13
" 4. Griddle Cakes and Waffles . . 16
" 5. Biscuits and Pop-overs . . . 18
" 6. Cookies 19
" 7. Puddings. 21

RELEASE MEATS, especially Beef and Pork.

Chapter 8. Inexpensive Meats 24
" 9. Fish Cookery 26
" 10. Egg Cookery 29
" 11. Cheese Dishes 31
" 12. Beans and Peas as Staples. . . 33
" 13. Fruits and Nuts 35
" 14. Cereals as Staples 38

RELEASE FATS, especially Butter.

Chapter 15. Soups. 40
" 16. Vegetables 42
" 17. Entrees 45
" 18. Meat and Fish Sauces. . . . 46
" 19. Salads and Salad Dressings . . 47
" 20. Cakes 49

RELEASE SUGAR.

Chapter 21. Desserts 52
" 22. Sweet Sauces 58
" 23. War-time Confections 59

PRACTICAL CONSERVATION.

Chapter 24. Sour Milk Recipes 61
" 25. How to Render Fats 63
" 26. How to Make Soap 64
How to Preserve Eggs
" 27. Cold Pack Canning. 65
" 28. Jellies and Jams 70
" 29. Drying of Fruits and Vegetables. 72

OUR PROBLEM

At this critical time our country is called upon to supply food for her men in service, including soldiers in camps, sailors in the navy and all men "over-seas" as well as the people at home. Joined in the world war, we also have a duty towards our allies and many labor and transportation problems add to the seriousness of the situation.

OUR SOLUTION

"True economy does not consist in going without but in making the most of what one has."

Only through the most careful conservation of all food materials can we solve this problem and meet this demand.

Conservation does not mean going without the necessities but by avoiding all wastes, practicing true economy and using substitutions, study and plan so that neither children nor adults become examples of mal-nutrition. A person's best asset is a well nourished body and a nation's asset a healthy people.

As a nation we are asked to save the

WHEAT
MEATS
FATS
SUGAR

We must use the foodstuffs that cannot be satisfactorily transported and release those which our ships can best carry and which can be most easily prepared in quantities.

We have not primarily a financial problem but it is our patriotic obligation and it is the housekeepers' part in the war to join a volunteer army and meet these demands, at the same time help to avoid rations or restricted diets and stabilize prices.

RELEASE WHEAT FLOUR

"Urge everyone to lessen wheat consumption by at least one-third, through substitutions."—Food Administration.

Use corn, rice, oats, barley, buckwheat and mixed cereal grains. Graham and entire wheat do not lessen wheat consumption much.

The following recipes release wheat flour at least thirty per cent. In many families a larger proportion of substitution will be accepted but some wheat with its gluten content is necessary for best results in yeast breads and is legitimate as a "binder".

Barley flour may be used for part of the wheat flour measurement when a greater release of wheat is desired and thus a fifty per cent substitution gained and good results assured in these recipes following this principle.

Rice flour and white corn flour are also on the market.

YEAST BREADS

STANDARD YEAST BREAD

1 c. liquid (½ c. milk and ½ c. water or 1 c. water)
1 tbsp. shortening — 1 tsp. salt
¼ Fleischmann yeast cake — 2 tbsp. sugar or molasses
3 c. flour

Mix liquid, shortening, molasses and salt. When this mixture is lukewarm, add yeast, dissolved in ¼ c. lukewarm water, and lastly, the flour. Let rise to double its bulk and knead well. Shape into pan and when again double its bulk, bake 50 to 60 minutes.

VARIATIONS

For a sweeter bread, add another tablespoonful molasses or sugar.

The quantity of flour will vary slightly with different kinds.

Add enough for stiff dough so that little more is needed when bread is handled and shaped for the pans.

The three cups of flour may be varied in following ways, all the other ingredients as in standard recipe.

RYE BREAD

1 c. rye flour
2 c. white flour

RYE BREAD No. 2

1 c rye flour
2 c entire wheat flour

CORN BREAD

1 c corn meal
2 c white flour

GRAHAM BREAD

1 c. white flour
2 c. graham flour

ENTIRE WHEAT BREAD

1 c. white flour
2 c entire wheat flour

Sometimes all entire wheat flour can be used and will be liked.

ROMAN MEAL BREAD

1 c. Roman meal
2 c. white flour

BRAN BREAD

1 c. bran
2 c. white flour

LIBERTY BREADS

No. 1

1 c. bran
½ c. corn meal
1 c. rye
½ c. white flour

No. 2

1 c. ground oatmeal
1 c. entire wheat
1 c. graham
½ c. raisins

No. 3

1 c. graham
1 c. white flour
1 c. rye
½ c. walnut meats

No. 4

½ c. cornmeal
½ c. graham
2 c. entire wheat

No. 5

1 c cream of rye
1 c graham
1 c white flour

OATMEAL BREAD

Rolled oats may be put through the food chopper and a flour, in appearance like graham, will result, ready for bread, and especially good for oatmeal muffins and cookies—called in recipes ground oatmeal (measured after grinding). For bread—standard recipe with

1 c ground oatmeal
2 c white flour

OATMEAL BREAD No. 2

1 c rolled oats
2 c boiling water

Pour water on oats. When cool, add

⅓ c corn meal
1 tsp salt
1 tbsp shortening
¼ c molasses
⅓ Fleischmann yeast cake
White flour to make dough

This will yield two small loaves or one very large loaf.

COTTONSEED FLOUR BREAD

½ c cottonseed flour
2½ c white flour

BREAD CRUMB BREAD

1 c bread crumbs, dried, ground and sifted
2 c white flour

CORN MUSH BREAD

1 c liquid
1 c corn meal

Cook in double boiler 15 minutes. Cool and add

1 tbsp shortening
1 tsp salt
1 tbsp sugar
½ c liquid
¼ Fleischmann yeast cake in ¼ c water

Let this rise, and when sponge is light add white flour to knead (about 2 c). Let rise, shape, let rise and bake.

PRUNE AND NUT BREAD

½ c prunes
1 c cold water

Soak over night and cook and stone. Add water to prune-juice to make 1 cup. When boiling add 1

cup rolled oats. After standing an hour add :

¼ c sugar
1 tsp salt
1 tbsp shortening
¼ Fleischmann yeast cake
Chopped prunes and entire wheat flour to knead.

Let rise, shape, put in pan. Let rise and bake. Add nuts if desired.

POTATO BREAD

¾ c liquid
1 tsp salt
¼ Fleischmann yeast cake in ¼ c lukewarm water
1 c mashed potato
1 tbsp shortening
2 tbsp sugar
2 c white flour

RICE BREAD

½ c rice
1 tsp salt
2 c water
Boil till rice takes up all water

Cool and add

1 c liquid
½ Fleischmann yeast cake in ¼ c lukewarm water
1 tbsp shortening
1 tbsp sugar
White flour to make stiff dough

Follow general bread method.

BARLEY BREAD

½ c milk
⅓ Fleischmann yeast cake
½ tsp salt
1 tbsp fat
½ c water
1 tbsp sugar
1 c barley flour
2 c white flour

BARLEY BREAD No. 2

½ c milk
⅓ Fleischmann yeast cake
½ tsp salt
1 tbsp fat
½ c water
1 tbsp sugar
¾ c barley flour
1½ c white flour
¾ c mashed potato

RICE FLOUR BREAD

½ c milk
⅓ Fleischmann yeast cake
½ tsp salt
1 tbsp fat
½ c water
1 tbsp sugar
¾ c rice flour
1½ c white flour
¾ c mashed potato

WHITE CORN BREAD

½ c. milk
½ Fleischmann yeast cake
½ tsp. salt
1 tbsp. fat
½ c. water
1 tbsp. sugar
¾ c. white corn flour
1½ c. white flour
¾ c. mashed potato

MINNESOTA BREAD

1 c corn meal
1 c mashed potato
½ tsp salt
1 c cooked oatmeal
2 c white flour
1 Fleischmann yeast cake in cup of warm water

Two small loaves.

CORN YEAST ROLLS

1 c milk or water
1 tbsp shortening
1 tbsp sugar
1 egg white
¼ Fleischmann yeast cake
1 tsp salt
1½ c white corn meal
About 1½ c white flour

Mix as standard yeast bread and shape as Parker House Rolls.

NOTE.—In all yeast recipes use liquids and flours as directed and then add white flour to form a proper bread dough as the moisture in mashed potato and the flours now obtainable varies noticeably.

QUICK BREADS

BAKED BROWN BREAD

1 c barley flour
1 c ground oatmeal
1 c cornmeal
1 c molasses
1 tsp salt
1 tsp soda
1 c water

Raisins may be added. Bake 1¼ hours.

NUT BREAD

2 c graham or barley
1 c white flour
½ c brown sugar
1 c chopped nuts
1¾ c milk and water
½ c molasses
1 tsp salt
1 tsp soda

Best results to bake in two small loaves.

PEANUT BUTTER BREAD

2 c barley flour
¾ c peanut butter
½ c sugar
1 c milk
1 tsp salt
2 eggs
3 tsp baking powder

Mix and bake at once.

SOUTHERN SPOON BREAD

Scald 1 pint milk and pour over 1 cup corn meal, add ½ cup cooked rice. Cool. Add 2 tbsp. shortening, ½ tsp. salt, 2 tsp. baking powder, 2 eggs beaten separately. Bake in greased dish till brown.

QUICK RAISIN BREAD

2⅓ c barley flour
1 tsp salt
1 egg
2 tbsp baking powder
½ c white corn meal
¼ c sugar
1¼ c milk
1 c raisins

Mix and let stand 15 minutes. Bake 50 minutes.

CORN BREAD

1 c corn meal
1 c flour
1 c milk
1 tsp salt
¼ c white corn syrup or sugar
1 egg
1 tbsp corn oil
1 tbsp baking powder

Bake in small loaf or shallow cake tin.

MUFFINS AND GEMS

EGGLESS MUFFINS

1 c white flour
1 c milk
1 tsp salt
1 c dark flour
1 tbsp baking powder
2 tbsp molasses or sugar
1 tbsp melted fat

Dark flour may be (1) rye, (2) graham, (3) entire wheat, (4) ground oatmeal, (5) bran, (6) yellow corn meal, (7) white corn meal, (8) barley, (9) buckwheat, (10) corn flour, (11) rice flour.

BRAN MUFFINS NO. 1

2 c bran
⅓ c AirlinE honey
½ c walnut meats
½ tsp soda
1 c flour
1½ c milk
¾ tsp salt
1 tbsp melted fat
2 tsp baking powder

BRAN MUFFINS NO. 2

1 c flour
1 c graham
½ c molasses
1 tsp salt
1 c bran
1¼ c milk
1 tsp soda
1 egg if desired

The egg can be omitted and 2 cups of bran may be used instead of one of bran and one of graham.

DATE MUFFINS

½ c barley flour
2 tbsp molasses
1 tbsp baking powder
1 egg
½ c ground oatmeal
1 c white flour
½ tsp salt
½ c chopped dates
1 c milk

OATMEAL MUFFINS

1 c cooked oatmeal
1½ c flour
2 tbsp sugar
1 tbsp baking powder
1 egg
½ c milk
1 tbsp shortening
½ tsp salt

RICE MUFFINS

1 c corn meal
1 c cooked rice
1 c flour
2 tbsp cooking oil
1 egg
¾ tsp salt
1¼ c milk
¼ c AirlinE honey
1½ tbsp baking powder

SPIDER CORN BREAD

1 egg
½ c milk
⅓ c white flour
1 tsp salt
½ c water
1 c corn meal
1 tbsp shortening
2 tsp baking powder

Mix and turn into greased pan. Pour over it ¾ c. more milk but do not stir. Bake 25 minutes in hot oven. Cut in triangles or squares. Creamy custard mixture should be in the bread. Heavy spider is often used.

COMBINATION MUFFINS

Follow the eggless muffin recipe in this chapter and use combinations for the 1 c. dark flour.

SUGGESTIONS

No. 1. ½ c graham ½ c barley
No. 2. ½ c barley ½ c ground oatmeal
No. 3. ½ c corn meal ½ c graham

An egg may be added and a scant measure of milk used to make a richer muffin.

HOMINY DROP GEM

1 c cooked hominy (or rice)
½ c milk
2 tsp baking powder
1 egg
2 tbsp cooking oil
Flour as needed
½ tsp salt

Beat egg separately. Combine all ingredients and bake as drop cookies.

MAPLE SYRUP CAKES

⅓ c shortening
1 egg
1 tsp soda
1 c maple syrup
½ c hot water
½ tsp salt
2 c flour

Bake in shallow pan. Cut and serve hot with butter. Half dark flour, graham, barley or entire wheat may be used.

POTATO BUNS

2 c barley flour
1 c white flour
3 tbsp baking powder
½ tsp salt
2 tbsp shortening
½ c mashed sweet potato
½ c seeded raisins
Milk to make a stiff dough

Mold into buns. Brush over with milk.

OATMEAL BUNS

1 c ground oatmeal
1 c white flour
1 tbsp shortening
1 tbsp sugar
2 tsp baking powder
½ tsp salt
Milk to make a stiff dough

Stir melted fat into milk. Combine with dry ingredients. Turn dough onto floured board and shape into buns, Sprinkle sugar and cinnamon on top.

FRUIT CORN MUFFINS

1 c white corn meal
1 egg
1 tsp salt
1 tbsp shortening
1 c barley
1 tbsp baking powder
1¼ c milk
2 tbsp sugar
½ c chopped dates or raisins

CORN TOAST

2 c corn meal
2 tbsp baking powder
1 tsp salt
1 tbsp fat
2 c milk
1 tbsp corn syrup

Bake in shallow pan, split, toast and butter.

POTATO CORN MUFFINS

1 c corn meal
2 tbsp sugar
1 egg
1 c milk
1 c mashed potato
1 tbsp baking powder
½ tsp salt
1 tbsp shortening may be added

NOTE.—Various Wheatless muffins may be made from eggless muffin recipe by adding one egg ½ tbsp more baking powder, all dark flour and ⅛ c more milk Bake as muffins or loaf.

2 c barley flour
2 tsp salt
1 tbsp molasses
1¼ c milk
1½ tbsp baking powder
1 tbsp fat
1 egg

GRIDDLE CAKES AND WAFFLES

CORN GRIDDLE CAKES

½ c corn meal
1 egg
1 c flour
1 tsp salt
1¼ c milk
1½ c boiling water
⅓ c sugar
1 c graham
1 tbsp melted shortening
4 tsp baking powder

Mix the corn meal with the water and boil for 5 minutes. Add all other ingredients and cook as other griddle cakes.

CRUMB GRIDDLE CAKES

¾ c bread crumbs
1 c milk
1 tsp baking powder
1 egg
½ tsp salt
About ½ c flour

Best results to soak crumbs and milk and heat them, then put through coarse sieve and add other ingredients.

CORN MEAL MUSH

2 c corn meal
1 tsp salt
2 c milk
1 tbsp flour
4 c. water

Mix cold milk, salt and flour with meal and stir gradually into boiling water. Boil 30 minutes. Pack into dish to cool and cut in thin slices and saute or fry in drippings.

CORN MEAL MUSH WITH CHEESE

Cut the mush, sprinkle with grated cheese and brown in hot oven or gas broiler.

GRAHAM SQUARES

1 c graham
1 c milk
tsp salt
½
1 c barley flour
2 tsp baking powder
⅓ c sugar or syrup
1 tbsp shortening

Bake this muffin mixture in a thin sheet and cut in serving squares. Oatmeal Muffin mixture can be used in the same way. Serve in place of griddle cakes with syrup.

RICE CRISPS

Pack cool left over steamed or boiled rice into a tin to form a thin sheet and when cold brush over with melted fat and toast in broiler oven of gas range or heat in baking oven. Serve with syrup.

RICE WAFFLES

1 c flour
½ c boiled rice
1 egg
⅞ c milk
¼ tsp salt
1 tsp baking powder

Cook on waffle iron.

CORN DODGERS

2 c corn meal
1 tsp salt
1 tbsp fat
1¾ c boiling water

Pour water over other ingredients. Beat well and cool. Form into 14 rather thin cakes and bake 25 minutes in hot oven. Serve with gravy or butter.

BISCUITS AND POP-OVERS

OATMEAL BAKING-POWDER BISCUITS

1 c white flour
4 tsp baking powder
1 tbsp shortening
1 c ground oatmeal
1 tsp salt
Liquid to make a dough

Mix, roll out lightly, cut and bake in hot oven.

GRAHAM BISCUITS

In above use 1 c. graham instead of oatmeal.

ENTIRE WHEAT BISCUITS

½ c white flour
4 tsp baking powder
1 tbsp shortening
1½ c entire wheat flour
1 tsp salt
Liquid to make a dough

POP-OVERS

1 egg
1 c white flour
1 c milk
½ tsp salt

Beat egg, add milk, then flour. Beat well with egg-beater. Bake 35 minutes in oven hot at first, then moderate.

VARIATIONS

One cup white flour may be changed to make

No. 1. ⅝ c sifted graham ⅜ c white flour

No. 2. ⅝ c ground and sifted oatmeal ⅜ c white flour

No. 3. ½ c sifted barley flour ½ c white flour

BARLEY SCONES

1 c white flour
2 tbsp shortening
½ tsp soda
1 c barley flour
½ tsp salt
2 tsp baking powder
¾ to 1 c sour cream or milk

Turn on floured board. Handle as baking powder biscuit. Cut in diamond shapes, Brush over with sweet milk, bake in quick oven. Split, and spread with jam or marmalade.

COOKIES

CORNSTARCH COOKIES

¼ c shortening
¼ c corn syrup
¼ tsp ginger
¼ tsp salt
1 tsp baking powder
½ c brown or white sugar
¼ tsp nutmeg
¼ tsp cinnamon
¼ c milk
¼ c cornstarch
About 1½ c flour

Barley or graham flour may be used. Fruit or nuts may be added. Drop Cookies.

BRAN COOKIES

2 c bran
1 c white flour
1 c milk
1 tsp soda
2 tbsp sugar
½ c molasses
1 c raisins
1 tsp salt
1 egg

Mix, drop from spoon and bake. Egg may be omitted and ground oatmeal substituted for bran.

GINGER CORN COOKIES

½ c fat
1 tsp salt
1½ tsp soda in
¾ c corn meal
½ c molasses
1½ tsp ginger
¼ c water
White flour to make dough

Mix and roll thinly. Cut and bake.

HONEY NUT SQUARES

½ c sugar
2 yolks
⅜ c honey
¼ tsp cinnamon
⅛ tsp clove
1½ c flour
¼ c nut meat

Mix, roll out thin. Mark into squares and bake in a moderate oven. Part dark flour may be used.

PEANUT COOKIES

1 egg
¼ tsp salt
1 tsp baking powder
¼ c sugar
¼ c milk
1 tbsp shortening
½ c chopped peanuts
Flour to make stiff batter

Mix Drop from teaspoon. Makes 24 cookies.

THICK MOLASSES COOKIES

¾ c molasses
¾ c shortening
¾ c boiling water
1 tbsp soda
¾ c sugar
1 tbsp ginger
1 tsp salt
Barley flour to roll

Mix and cut ⅓ in. thick.

ROLLED FRUIT COOKIES

½ c ground oatmeal
½ tsp salt
2 tbsp fat
4 chopped figs or ½ c raisins
1 c flour
1 tbsp sugar
2 tsp baking powder
Milk to make stiff dough

PEANUT BUTTER COOKIES

⅓ c peanut butter
1 egg
½ tsp cinnamon
1 c barley flour
½ c sugar
⅓ tsp soda
¼ tsp salt
1 tbsp water

Roll thin, adding flour as needed,

OATMEAL MACAROONS

2 eggs
⅔ c sugar
2 tbsp fat
2½ c raw rolled oats
1 tsp salt
1 tsp baking powder

Mix and drop thin on greased pans. Bake 5 ms.

MOLASSES COOKIES

1 c molasses
3¼ c barley or oat flour
2 tsp ginger
½ c shortening
¾ tsp soda
1 tsp salt

Warm molasses and melted shortening, add other ingredients. Roll thin, cut and bake.

HONEY DROP CAKES

¾ c honey
¼ c oleo
½ tsp cinnamon
⅛ tsp clove
1 egg
1½ to 2 c flour (entire wheat)
½ tsp soda
2 tbsp water
¾ c raisins
3 chopped figs if desired

Heat honey and oleo till melted. Cool a little. Add flour for stiff dough and bake as drop cookies.

PUDDINGS

For four servings use half these pudding recepies or in each case the mixture is practical for a second dessert if re-heated and thus conserves fuel.

NEWTON TAPIOCA

5 tbsp pearl tapioca
5 c milk
¼ c Indian meal
¾ c molasses
3 tbsp fat
1½ tsp salt

Soak tapioca over night in water to cover. Scald 4 c milk. Pour on meal. Cook with molasses in double boiler till it thickens. Add last cup of milk without stirring. Bake slowly for at least 1½ hours.

STEAMED GRAHAM PUDDING

2 c flour
1 heaping tsp soda
1 c milk
½ c raisins
1 c graham
½ tsp salt
½ c molasses
Spice if desired

Mix and steam two hours. Serve with liquid pudding sauce.

DATE PUDDING

1 c flour
2 tsp baking powder
1 tbsp shortening
1 c. dates
1 c entire wheat flour
2 tbsp sugar
1 egg
¾ c milk

Stone and cut dates. Use ½ cup figs or raisins if desired. Bake in muffin tins. Serve with liquid sauce. Half barley flour may be used.

FIG PUDDING

2 c bread crumbs
2 yolks or
¼ c corn or maple syrup or
½ tsp cinnamon
½ c raisins
4 c milk
1 whole egg
½ c sugar
½ c figs
¼ tsp nutmeg
1 tbsp cooking oil

Bake slowly If yolks are used a meringue of the whites and jelly may be used on top.

BAKED RICE PUDDING

1 qt. milk
¾ c syrup
¼ tsp salt
⅛ tsp nutmeg
2 c boiled rice
½ c raisins
¼ tsp cinnamon
2 eggs

Cook in double boiler till thick. Bake till browned.

POP CORN PUDDING

2 c ground pop corn
3 c milk
½ tsp salt
½ c corn syrup
1 tbsp corn oil
2 eggs

Scald milk, pour over corn and let stand for half hour. Combine all and bake in moderate oven, stirring occasionally till the last ten minutes. Brown. Serve with liquid sauce if desired.

PLUM PUDDING

1 c bread crumbs
2 c rye flour
4 tsp baking powder
1 c molasses
1 tsp cinnamon
1 c milk
1 tsp salt
1 c chopped suet
1 c raisins
1 c chopped apple
¼ tsp clove
¼ tsp allspice

Mix and steam two and one half hours. Other dark flours may be used instead of rye.

SHORTCAKE WITH CANNED FRUIT

1 c white flour
½ tsp salt
2 tbsp shortening
1 c dark flour
4 tsp baking powder
1 tbsp sugar
About 1 c milk

Dark flour may be entire wheat, graham, ground oat meal or barley. Use canned fruit. Thicken syrup with one teaspoonful arrowroot to each cup for sauce.

CORN PUDDING

1 c corn
2 eggs
2 tbsp flour
1 c milk
1 tbsp butter substitute
½ tsp salt

Mix flour with small quantity of milk. Combine all and cook in greased baking dish until firm.

OATMEAL PUDDING

2 c cooked oatmeal
½ c molasses
½ c raisins
4 sliced apples
½ tsp cinnamon
¼ tsp salt

Mix and bake 30 ms. Chopped nuts may be used in place of the apples.

STEAMED CARROT PUDDING

1 c chopped raw carrots
1 c bread crumbs
1 c beef suet
1½ tsp salt
¾ c sugar
½ tsp nutmeg
1 c raisins
½ c flour
1 tsp ginger
2 tsp cinnamon
1 tbsp lemon juice
2 tsp baking powder

Mix and add just water enough for stiff pudding batter. Steam 3 hours in one mold or 2 hours in small molds.

FRUIT BROWN BETTY

2 c chopped apple
¼ c sugar
½ tsp cinnamon
1½ c bread crumbs
1 tbsp butter substitute
Juice and grated rind ½ lemon

Put layer of crumbs in greased dish, then layer of apple and seasoning, and alternate. Bake 30 ms covered and 15 ms uncovered. Serve with sauce or cream. Prunes and rhubarb may be used in place of apple.

APPLE PUDDING

Mix baking powder biscuit mixture using 1 c ground oatmeal and 1 c flour. Add 1 c thinly sliced apple and 3 tbsp sugar or 2 tbsp honey. Bake in squares or triangles and serve with sweet sauce. Other fruits may be used. Canned cherries are especially good.

Other puddings, also releasing sugar, and using small amounts of flour, in Chapter 21.

RELEASE MEATS
ESPECIALLY BEEF AND PORK

INEXPENSIVE MEATS

OUR PROBLEM: use less meat.

SUBSTITUTES: fish, eggs, milk, soups, cereals, cheese, peas, beans, nuts and some fruits.

When substitutes are used, study to balance the dish if possible, always the menu.

BEEF LOAF

1 lb hamburg
1 c milk
1 tsp salt
1 c bread crumbs
Onion juice
Pepper
Grating nutmeg

Bake in bread pan or individual cups.

DUTCH STEW

1½ lbs bottom of round
4 tomatoes or ½ can
1 c peas
1 tsp salt
3 c water
½ c pearl tapioca
1 onion
1 or 2 carrots
Pepper
Bake 4 hours in casserole dish

IRISH STEW

One pound mutton chuck. Wipe and cut and cover with cold water. Cook 1 hour Add ¼ cup each carrot, turnip, onion and cook ½ hour longer. Add sliced potatoes, salt to taste and dumplings. After dumplings cook 10 to 12 ms, stew. Stew may be thickened if desired.

DUMPLINGS

1 c flour
2 tsp baking powder
½ c milk
½ tsp salt

MACARONI WITH CHICKEN

1 c macaroni
⅛ tsp pepper
½ solid tomato
1 c chopped chicken
1 tsp salt
Onion juice
2 tbsp drippings

Cook macaroni. Arrange materials in layers in baking dish with crumbs for top layer. Flaked fish may be used instead of the chicken.

AMERICAN CHOP SUEY

1 c tomato sauce — 1 lb hamburg
2 c boiled spaghetti — Seasonings

Put cooked spaghetti, sauce and meat into hot, greased frying-pan. Stir and cook t ll meat is ready to serve. Season with salt, pepper, Worcestershire Sauce, celery salt parsley, or Tabasco Sauce.

BAKED RICE AND MEAT

1 c rice — 4 c water
1 tsp salt — 1 onion — 2 tbsp ketchup

Cook in double boiler till rice takes up liquid.

2 tbsp fat — 2 tbsp flour
1 c water — Make sauce

Add rice and ½ pound hamburg steak (uncooked). Mix all and bake 20 minutes.

ITALIAN HASH

Place a layer of cooked macaroni in greased baking dish, line sides also with macaroni. Fill the centre with chopped and seasoned left over meat. Spread layer of cracker crumbs over top. Thoroughly heat and brown in hot oven.

DRIED BEEF WITH HOMINY

1 tsp fat — 1 tbsp flour
1 c milk — 2 potatoes cubed
1 tsp salt — ½ c carrot cubes
½ c dried beef — 2 c cooked hominy

Add all to the cream sauce made from first three ingredients. Bake 30 ms.

HUNGARIAN GOULASH

1 lb round of beef — 1 oz salt pork
1 c tomato — 1 small onion
1 pt water — 1 c potato cubes
1 c carrot cubes — 1½ tbsp flour — Salt and pepper

Fry out salt pork. Add onion, meat cut in small pieces and seasoning. Add the water and carrot and cook in casserole until meat is tender. Thicken, add cooked potato cubes and tomato.

FISH COOKERY

MOULDED FISH

1 c flaked fish
1 c milk
1 tsp salt
Chopped parsley
1 c bread crumbs
1 egg
Pepper
1 tsp lemon

PLANKED FISH

Bone and split a haddock or cod, leaving meat in two fillets Place on buttered plank with skin down and glaze with melted butter. Season and broil until slightly browned. Reduce the heat to thoroughly cook. Serve with potato border, lemon and vegetable garnish.

PANNED FISH

Roll pieces of fish in corn meal Brown both sides quickly in pork scraps, drippings or cooking oil. Cover the dish and place in moderate oven for 15 minutes or till well-cooked. Serve with tomato cream sauce.

2 tbsp fat
½ c milk
½ tsp salt
2 tbsp flour
½ c tomato liquor
Speck soda

CREAMED FISH a la MODE

2 tbsp cooking oil
½ tsp salt
1 c flaked fish
2 tbsp flour
1 c milk
Pepper

Prepare cream sauce add fish and place in baking dish. Brown in oven.

SALT FISH CHOWDER

1 c flaked fish
1 onion
Pepper
2 c sliced potato
6 crackers
1 pt milk

Arrange all except milk in baking dish and almost cover with hot water. Bake about 20 minutes. Add milk, thickened with 2 tsbp. flour and serve.

SPANISH CODFISH

3 tbsp cooking oil
1½ c tomato liquor
1½ c codfish
½ chopped onion
4 tbsp flour
½ c milk
2 tsp chopped parsley
⅛ tsp pepper

Freshen the codfish in cold water, Make the tomato, cream sauce and put all in double boiler, Simmer 20 minutes and serve on hot toast.

BAKED WHITING FISH

Soak fish in milk 1 hour, season thoroughly and bake in same milk. Thin tomato sauce may be used instead of milk.

COD ROLL

Skin and bone a small cod. Mix half cup bread crumbs, two tbsp of melted butter, onion juice, parsley, two tbsp of water, salt, and pepper. Spread on the fillets, roll them up and tie them. Bake.

EPICUREAN FINNAN HADDIE

Soak finnan haddie one hour in milk to cover. Bake thirty minutes and flake it; there should be two cups. Cook shallot or onion, pepper, one teaspoon salt, paprika, four tablespoons butter, four tablespoons flour, two cups milk. Add fish and serve on toast.

TUNA LOAF

1 c bread crumbs
Onion juice
1 can tuna
1 egg
Salt and pepper
1 c milk

Flake the fish. Mix all ingredients and pack firmly into buttered tin and bake twenty to twenty-five minutes. Serve with egg or drawn butter sauce.

BAKED FISH A LA CARLETON

Split and bone a fish, and place on well-greased sheet. Cream ¼ c fat, one yolk, two tablespoons each chopped onions, and pickles, lemon, salt, pepper and parsley. Sprinkle fish with mixture and bake. Garnish and serve.

OYSTER PIE

40 oysters
2 hard cooked eggs
½ tsp salt
Pepper
½ tsp parsley
½ tbsp chopped onion
2 c oyster liquor and water
3 tbsp flour
2 tbsp cooking oil
Grating nutmeg

Heat oysters in their own liquor. Strain. Arrange creamed oysters in baking dish with baking powder biscuit crust and bake.

CRAB SOUFFLE

2 tbsp fat
¾ c milk
1 c crab meat
2 yolks
3 tbsp flour
½ tsp salt
Pepper
2 whites

Mix sauce. Add fish and eggs. Bake 25 minutes.

HALIBUT STEAK WITH TOMATO

2 lbs. halibut cut in thick slice
4 tomatoes — fresh or canned
1 tbsp chopped onion
2 tbsp fat
1 tsp salt
2 tbsp flour
1 c tomato liquor, or water

Remove bone and skin from fish. Place in greased baking dish, with solid tomatoes on top. Thicken liquor, pour around fish and bake 30 minutes.

JELLIED FISH

1 tbsp Knox gelatine
1 c boiling water
1½ c flaked cooked fish
2 tbsp chopped peppers
3 hard boiled eggs
¼ c cold water
2 tbsp lemon juice
Onion juice
Spk paprika
½ tsp salt

Place sliced eggs in bottom of mold. Prepare gelatine as usual. Add to other ingredients, pour into mold and chill. Serve with lettuce and salad dressing.

EGG COOKERY

Eggs and milk must be used more as meat recipes are decreased. Use eggs as main dish of the meal and by combinations make the eggs "spend" as far as possible.

BREAD OMELET

3 eggs
½ c bread crumbs
Pepper
½ c milk
½ tsp salt
1 tbsp butter

Beat the eggs separately and cook as plain omelet The crumbs should not be too dry or with too much crust to give the best results but with this recipe the eggs spend to better advantage.

CHEESE OMELET

3 eggs
¼ tsp salt
Pepper
½ c milk
½ c bread crumbs
2 tbsp grated cheese
1 tbsp drippings

BAKED EGG AU GRATIN

Place in baking cups, layer of seasoned, moistened, crumbs to which minced fish or meat may be added. Next add half a hard-cooked egg, ¼ c milk sauce and lastly layer of buttered crumbs. Cooked spinach may be used for the first layer when desired.

CREAMED EGGS WITH HOMINY

2 tbsp fat
1 tsp salt
3 yolks
2 tbsp flour
1 c milk
3 whites
2 c boiled hominy

Follow sauce rule then add eggs and hominy. Rice or samp may be used. This is instead of serving on toast or with toast for the meal.

RICE OMELET

1 c boiled rice
3 eggs
Pepper
½ c milk
½ tsp salt
1 tbsp fat

CORN OMELET

In above use 1 c canned corn, free from liquid in place of rice.

CORN AND EGG SOUFFLE

½ c white corn meal
2 c milk
1 tsp salt
1 tbsp butter substitute

Cook in double boiler to mush consistency. Remove, cool and add

3 egg yolks
Dash paprika
3 stiff egg whites
2 tbsp grated cheese

Bake in greased dish set in pan of hot water for 30 ms.

RICE AND EGG SOUFFLE

To above recipe add ½ c cooked rice.

CHEESE DISHES

NUT AND CHEESE LOAF

1 c cheese
1 c bread crumbs
Juice ½ lemon
Pepper
1 c chopped nuts
1 tbsp drippings
2 tbsp chopped onion
½ tsp salt

Cook onion in water till tender, then moisten loaf with this liquid as needed. Bake in greased baking dish.

MACARONI RAREBIT

½ lb. cheese
1 egg
1 tsp salt
½ c milk
1 tbsp butter
1 tsp mustard
Pepper
1 c cooked macaroni

Cook over water. Serve on toast or crackers.

MEXICAN RAREBIT

To above add ¾ c corn instead of macaroni and use tomato liquor instead of milk.

CHEESE FONDU

1 c bread crumbs
1 c milk
Pepper
⅓ c cheese
2 eggs
1 tbsp cooking oil
½ tsp salt
1 tbsp ketchup

Mix and bake 20 minutes in greased baking dish.

CHEESE TOAST

1 c milk
1 egg
½ tsp salt
1 c bread crumbs
¾ c cheese
Pepper
½ tsp mustard

Add in given order. Cook till well blended in double boiler. Spread on crackers and serve.

CORN AND CHEESE SOUFFLE

2 tbsp cooking oil
2 c milk
1 tbsp ketchup
½ c cheese cut in small pieces
4 tbsp flour
½ tsp salt
1 c corn
2 egg yolks
2 egg whites

Make a white sauce of first four ingredients. Combine all and bake 30 ms.

BAKED CHEESE FONDU

1 c bread crumbs
1 c cheese cut in small pieces
½ tsp salt
1 c milk
2 egg yolks
1 tsp shortening
2 egg whites

Mix in given order and bake 20 ms.

BOILED CHEESE FONDU

1 c bread crumbs
1 c cheese cut in small pieces
1 c milk
1 tbsp cooking oil
1 egg

Mix in double boiler and cook until cheese is melted and mixture blended. Serve on toasted crackers.

TOMATO RAREBIT

2 tbsp fat
1 egg
½ tsp salt
½ lb cheese
¾ c tomato
1 tsp mustard
Speck Cayenne

Melt cheese and fat in double boiler. To beaten egg add tomato and seasonings. Combine and cook until mixture is thick and creamy.

BEANS AND PEAS AS STAPLES

PIMENTO ROAST

2 c beans
¼ lb cream cheese
1 tbsp drippings
2 canned pimentos
1 c bread crumbs
Water to moisten

Lima, baked or soy beans may be used. Cottage cheese also substituted for cream cheese.

SOY BEAN CUTLETS

1 c soy beans — Cook till soft

Put through chopper and add

1 small onion, chopped
1 tsp salt
1 tbsp ketchup
Pepper
1 c bread crumbs
½ tsp Worcestershire sauce

Mix and roll in crumbs and saute. Vary the measure of crumbs according to their dryness.

PRESSED BEANS AND SAUSAGE

1 pt. beans
½ lb. sausage

Soak, parboil and bake the beans with ordinary seasoning. Mould with the cooked, chopped sausages and press under weight. Turn out and slice, serving with beets, celery or tomatoes.

BAKED BEAN RAREBIT

½ c bean puree (baked beans)
½ c milk
1 tbsp butter
¾ c cheese (not solidly packed)
1 or 2 eggs
½ tsp salt

Add pepper and tomato ketchup to season if desired. Serve on toast.

SOUPS

BAKED BEAN SOUP

1 c baked beans
1 slice onion, chopped
1 c tomato
1 tbsp cornstarch
3 c water
1 tsp salt
Pepper
1 tbsp fat

Put beans through food chopper. Melt fat, add cornstarch, water, beans, tomato, then season.

BEAN SAUSAGES

One-fourth cup lima beans. Soak over night and cook till soft. Force through coarse sieve or food chopper. Add ½ c bread crumbs, ¼ tsp salt, ¼ tsp sage, speck pepper and 2 tbsp drippings. Shape, roll in more dry crumbs and bake in greased pan.

SPLIT PEA SOUP

1 c split peas. Soak over night and drain. Simmer with 2 qts water till soft. Press through sieve and add stock and water to make of consistency of thin cream.

1 tbsp flour
1 tsp salt
1 tbsp fat
Onion juice
Vegetable puree and liquid

DRID PEAS WITH RICE

1 c dried peas
¾ c rice
3 onions
1 c tomato
2 tsp salt
Speck pepper

Soak peas in 2 qts water over night. Cook in this water until tender. Add other ingredients and cook 20 ms longer.

LENTIL SOUP

Prepare as Split Pea soup substituting lentils for peas.

FRUITS AND NUTS

RAISIN FRUIT SALAD

3 bananas
3 oranges
8 or 10 marshmallows
½ c raisins
¼ c walnuts
Juice of ½ lemon
Lettuce leaves

Serve with Mayonnaise or Cream Dressing.

BANANA AND NUT SALAD

Place equal parts nut meats and chopped celery over half banana on lettuce bed. Serve with French or Cream Dressing.

BAKED BANANAS

Slice eight bananas lengthwise. Bake with dots of butter and serve with

1 c sugar
½ c raisins
1 c water
1 tbsp Kingsford corn starch

NUT AND RICE LOAF

1 c cooked rice
1 c milk sauce
1 tsp parsley
2 eggs
1 c chopped peanuts
1 tsp salt
1 c bread crumbs
Dash of nutmeg

Bake and serve with cheese or tomato sauce.

VEGETABLE NUT LOAF

2 tbsp Knox gelatine
1½ c hot milk
½ c bread crumbs
½ tsp salt
½ c cold milk
1 c cooked rice
1 c chopped peanuts
1 egg

Soak gelatine in cold milk, dissolve in ½ c hot milk Cook other ingredients 15 ms in double boiler. Combine all and mold. Serve with water cress or lettuce.

SALMON WITH PEANUTS

1 c white sauce
½ c peanuts
1 small can salmon
Cracker crumbs

In greased baking dish place layers as follows: crumbs, peanuts, sauce with salmon, peanuts and crumbs. A mixture of bread and cracker crumbs may be used but all bread crumbs are more soggy. Bake till brown in moderate oven. Season white sauce well and add 2 tbsp fat to top crumbs.

JELLIED PRUNES

⅓ lb prunes
1 envelope Knox gelatine
1 tbsp lemon juice or
2 c cold water
¾ c brown sugar
½ c left over fruit juice

Wash and soak prunes several hrs in the cold water. Cook in same water until soft. Stone and cut fruit in quarters. To prune water add enough hot water to make 2 c combine all ingredients and chill. Serve with or without custard sauce.

HONEYED APPLES WITH RAISINS

4 large apples
2 tbsp tapioca
½ tsp salt
½ c raisins
2 c water
4 tbsp AirlinE honey

Pare and core apples. Fill centers with ½ the raisins and ½ the honey. While these are baking cook remaining ingredients in double boiler until tapioca is clear. Pour over apples and serve with top milk.

FRUIT SOUFFLE

2 tbsp fat
½ c water
Boil and add ½ c flour
Cool slightly. Add
2 yolks
2 tbsp sugar
2 whites
½ c milk

Pour over layer of fruit. Bake 25 to 30 minutes.

APPLES AND RAISINS

Core and pare 6 apples. Add to centre of each 6 chopped raisins and speck of salt and cinnamon. Bake with 1 c water and ¼ c honey. Skin need not be removed. An attractive dish if skin is cut into eight sections and every other section removed.

FRUIT COMPOTE

4 oranges
2 bananas
2 slices pineapple
¼ c pineapple syrup
Cherry to garnish
Grapes if desired

Serve in dainty glasses, having chilled fruit, after cutting, except bananas.

DRIED APPLE SAUCE

1 lb dried apples
½ c raisins
Sugar

Wash and soak apples for 24 hours. Drain off water and measure. Cook till tender the apples with raisins and 2 c of water. Sweeten to taste.

FRUIT DELIGHT

Cut two oranges and a grapefruit. Sweeten with 2 tbsp honey and use as fruit dessert with cocoanut garnish.

(See also chapters 19 and 21)

ITALIAN RISOTTO

1 c rice
2 tbsp butter
½ onion
1 c tomato liquor
1 tsp salt
3 c water
Paprika
⅓ c Parmesan cheese grated

Cook all save cheese in double boiler. When ready to serve, sprinkle on the cheese.

SPANISH RICE

2 c cooked rice
¾ c cheese
1 tsp salt
2 c tomatoes, from can
1 c bread crumbs
1 chopped pimento if desired

Bake with seasoned crumbs for top layer. (2 tbsp savory drippings may be added.)

SAVORY RICE

1 c rice 3 c water 1 c tomato liquor

Cook in double boiler. When rice has taken up the liquid add

2 tbsp oleo
¾ c chopped, cooked carrots
1 tsp salt
¼ grated cheese
¼ tsp chopped parsley

Serve at once, or place in oven with crumbs on top and brown.

VIRGINIA SAMP

½ c samp 2½ c boiling water

Cook slowly for 30 minutes then put over hot water and cook slowly at least five hours or put in fireless cooker. Add

1 c tomato sauce
½ tsp salt
½ c cut boiled carrots
½ tsp parsley

SAMP WITH CHEESE

½ c samp cooked in 2 c water till tender
2 tbsp fat
2 tbsp cornstarch
1 c milk
1 pimento
1 tsp salt
½ c chopped cheese

Make cheese sauce and pour over samp in baking dish. Bake 10 minutes to slightly brown top.

BAKED SAMP

2 c boiled samp
1 c grated cheese
1 tbsp butter substitute
½ c milk
¼ tsp paprika
1 tsp salt
crumbs

Arrange samp, cheese and seasoning in alternate layers. Add milk, put crumbs on top, bake 20 ms.

RICE FONDUE

1 c boiled rice
½ tsp salt
1 c cheese cut in small pieces
2 egg whites
2 egg yolks
1 c bread crumbs
½ c milk

Mix and bake 20 minutes.

NOTE.—Hominy may be used in any of above recipes instead of rice or samp.

RELEASE FATS

ESPECIALLY BUTTER

COMMERCIAL OILS

(a) Corn Products
(b) Cottonseed Products
(c) Olive Oil

COMMERCIAL FATS OR SUBSTITUTES

(a) Oleomargarine and nut margarine
(b) Vegetable Products
(c) Animal Products
(d) Peanut Butter

HOME PRODUCTS

(a) Beef Suet
(b) Cod Fat
(c) Chicken Fat
(d) Bacon Drippings or Home-made Savory Fats
(e) Ham Fat
(f) Lamb Fat

(See chapter 25)

SOUPS

CORN CHOWDER

2 c corn
1 c milk
2 c water (in which vegetables or rice has been cooked, if on hand)
1 c potato cubes
2 tbsp chopped onion
⅛ tsp pepper
1 tsp salt
2 tbsp fat
4 tbsp flour

Sprinkle with chopped parsley.

OATMEAL SOUP

¾ c canned tomato
2½ c water
1 slice onion
¾ tsp sugar
½ tsp salt
½ c cooked oatmeal

Cook all in double boiler on back of range. Thin with water to soup consistency before serving if necessary. May be strained for children.

CREAM SAGO SOUP

One half cup sago, soaked 3 hours in lukewarm water to cover. Add 1 c boiling water, simmer in double boiler till soft. Next, add

2 tbsp fat
3 c hot milk
Celery salt
2 tbsp flour
Pepper
Onion juice

Beat 2 minutes and add 2 beaten eggs. Stir and blend for 2 minutes more and serve.

ENGLISH STEW WITH BARLEY

1 lb mutton
4 potatoes sliced
2 tsp salt
2 onions
½ c pearl barley
1 tsp chopped parsley

Cut meat in small pieces and brown with onions in fat from meat. Add barley and 2 qts cold water. Simmer in covered dish 1½ hrs. Add potatoes and cook until potatoes are soft.

BEAN SOUP

1 c dried beans
1 tsp salt
1 small onion
1½ tbsp fat
2 qts water
Speck pepper
½ carrot sliced
Pinch mace

Fry onion in fat. Add carrot. (Soak beans over night.) Simmer in covered kettle 3 hours. Rub through colander and serve.

BARLEY SOUP WITH STOCK

3 c white stock
1 c milk
¼ c barley or sago
1 tsp salt
Speck pepper

Soak grain 1 hour and simmer 1½ hours in stock, Combine all and simmer 10 minutes over water.

PEANUT BUTTER SOUP

3 c milk
6 tbsp peanut butter
1 tsp salt
1 c water
2½ tbsp corn starch
Speck pepper
Onion juice

Cook in double boiler 15 minutes.

VEGETABLES

POTATO TIMBALES

2 c mashed potato
½ c milk
2 tbsp fat
2 eggs
Salt, pepper
Parsley

Fill greased cups and bake.

STUFFED TOMATOES

Cut a slice from each tomato, remove the centre, mix with bread crumbs and seasonings. Fill the tomato cases and bake about fifteen minutes.

To make more tasty add chopped chicken, ham or green pepper with the crumbs.

STUFFED BAKED POTATOES

Clean and bake 3 good sized potatoes then cut in halves lengthwise and remove centres. Refill with minced meat and bread crumbs; equal parts, well seasoned. Border with the potato mashed and seasoned with nut margarine, salt, pepper and parsley.

CORN IN RAMEKINS

2 tbsp flour
1 c milk
1 tsp salt
2 tbsp butter
1 c corn
Pepper
Cracker crumbs

Sauce rule and crumbs on top. Bake. Peas may be used in place of corn.

ESCALLOPED POTATOES WITH CHEESE

1 c milk
1 tbsp flour
2 c cold potato cubes
2 tbsp fat
1 tsp salt
1 c cheese
Cracker crumbs

Make milk sauce. Arrange potatoes, cheese and sauce in layers and bake with crumbs for top layer.

STUFFED ONIONS

Peel Spanish onions. Let cook one hour. Cool a little, cut out a piece two inches around root end. Chop one cup of nut meats, mix with one cup of bread crumbs, one quarter cup of drippings, one-half teaspoon salt, one egg, one teaspoonful parsley, and fill the onions. Bake forty minutes basting occasionally with one cup liquid from the pan.

STUFFED PEPPER CASES

1 c tuna
2 eggs
1 tbsp melted fat
½ c bread crumbs
½ c sweet milk
½ tsp salt
4 sweet peppers

Cut top from peppers or in halves, lengthwise and remove seeds. Parboil in quart of water with one-fourth teaspoon soda. Stuff and bake in hot oven fifteen minutes. Top may be covered with bread crumbs. One cup of canned corn, mushrooms, rice, or other fish may be used in place of tuna for variety.

BAKED SQUASH

Cut squash in pieces, remove seeds and stringy portions, arrange in pan and bake. When almost soft, sprinkle with salt and grated cheese. Serve in shell.

CELERY AU GRATIN

1 pt cooked celery
1 pt white sauce
¾ c grated cheese
1 c cracker crumbs

Cut and cook celery. Put in layers in baking dish with cracker crumbs on the top. Season and bake.

SQUASH CUSTARDS

2 c mashed squash
2 eggs
½ tsp cinnamon
2 c milk
½ c brown sugar
⅛ tsp salt
1 tbsp cooking oil

One tsp each grated lemon and orange peel may be added. Prepare as baked custards.

TOMATO CAKES

1 c bread crumbs
1 c tomato liquor
1 tbsp fat
¼ tsp salt
1 egg
½ c solid tomato
½ tsp salt
2 tsp baking powder
Flour to make batter.

Small amount of flour needed and it varies according to moisture in tomatoes. Fry as griddle cakes.

BEAN AND TURNIP PUFFS

1 medium yellow turnip, cook and mash, add
1 c. cooked lima beans
1 egg
1 tsp salt
¼ c double milk sauce
Pepper
2 tbsp fat

Bake in greased cups.

VEGETABLE HASH

1 c cabbage
1 c turnips
1 c beets
3 c potatoes

Season with salt, pepper and drippings. Moisten with water in which vegetables are cooked. A few carrots may be added.

LENTIL ROLLS

1 c lentils
1 tbsp drippings
½ tbsp chopped onion
½ tsp salt
1 egg
¼ tsp paprika
1 tbsp ketchup

Soak, and cook lentils until tender, drain and put through meat chopper. Combine ingredients. Roll in balls, brown in oven and serve with tomato sauce.

CORN AND POTATO LOAF

2 c corn
4 mashed potatoes
2 tbsp drippings
2 tsp salt
1 egg
Onion juice

Bake 30 ms. and serve with milk sauce.

LADY CABBAGE

1 tbsp butter substitute
1 tsp salt
1 c milk
1 tsp flour
Speck pepper
2½ or 3 c cooked cabbage

Make thin milk sauce, add cabbage. Simmer 5 ms.

ENTREES

Use left-overs and make dishes to be used as main dish for luncheon or supper.

CREAMED POTATOES

2 tbsp butter — 2 tbsp flour
1 tsp salt — 1 c milk — 2 c potato cubes

Melt butter, add flour, then the milk and when at the boiling point the potato which should be cold left over, cooked potato.

TOMATO TOAST

2 tbsp butter — 4 tbsp flour
1 tsp salt — 1 c tomato liquor
½ c water — ½ c milk — Speck soda

Melt the butter, add flour, then tomato and water. When at the boiling point add the soda and milk. Into cream tomato sauce put toasted bread.

CELERY TOAST

3 tbsp cooking oil — 4 tbsp flour
1 c milk — 1 c celery liquor
1 c cooked celery — 1 tsp salt

Cut the coarser stalks of celery and cook slightly in salted water. Pour over toasted bread.

PEANUT BUTTER AND SPAGHETTI

3 c hot boiled spaghetti — ¾ c peanut butter
¾ c bread crumbs — 1½ c milk

Mix and fill baking dish, cover with crumbs and brown. Serve with tomato sauce. Vary the milk according to the dryness of the crumbs. Season.

CORN FRITTERS

1 c canned corn — ½ tsp salt
½ c flour — 1 egg — 1 tsp baking powder

Beat egg separately. Fry on hot griddle greased with corn oil or drippings.

MEAT AND FISH SAUCES

MILK SAUCE

2 tbsp fat
1 c milk
2 tbsp flour
½ tsp salt
Pepper

Melt fat, blend in flour, add milk gradually, stir till thick and smooth. Vary by adding ⅓ c chopped shrimp, ⅓ c chopped cheese or 2 hard-cooked eggs.

SOUBISE SAUCE

Two small onions, cut in small pieces and cooked.

2 tbsp fat
½ c milk
½ tsp salt
2 tbsp flour
½ c water in which onions were cooked
Pepper

TOMATO SAUCE

2 tbsp fat
1 c tomato liquor
2 tbsp flour
½ tsp salt
Pepper

CREAM TOMATO SAUCE

2 tbsp fat
½ c milk
2 tbsp flour
½ tsp salt

Add before serving ½ c tomato liquor with spk. soda.

KETCHUP SAUCE

2 tbsp fat
¼ c ketchup
2 tbsp flour
¾ c water

CELERY SAUCE

2 tbsp fat
¾ c celery liquor
¼ c cooked celery
2 tbsp flour
¼ c milk
½ tsp salt

Celery liquor is water in which celery is simmered.

NOTE.—For thickening purposes use same amount of barley flour or half the amount of cornstarch instead of measure of white flour.

SALADS AND SALAD DRESSINGS

CREAM SALAD DRESSING

4 tbsp cooking oil
1 tsp salt
⅛ tsp pepper
1 c milk
1 tbsp flour
1 tsp mustard
2 tsp sugar
1 egg
½ c vinegar

Cook in double boiler.

MAYONNAISE DRESSING

½ tsp mustard
½ tsp salt
2 yolks
2 tbsp vinegar
2 tsp sugar
Cayenne
1⅓ c cooking oil
2 tbsp lemon juice

Mix first four ingredients, add to yolks, then add oil slowly till half is used. Alternate with acids and lastly fold in stiff whites of eggs if desired. One cup cooking or salad oil and ⅓ c olive oil may be used and gives good results.

BAKED BANANA SALAD

2 tbsp Knox gelatine
1 c boiling water
¼ c lemon juice
½ c cold water
Pulp of 2 baked bananas
3 tbsp sugar

Mold in small cups. Turn out onto lettuce leaves and serve with mayonnaise and nut meats.

FRUIT SALADS

No. 1. Peaches, cream cheese and cherries.
No. 2. Pineapple, cream cheese and nuts.
No. 3. Apple, celery, raisins, and marshmallows.

Use on green bed with cream or mayonnaise dressing.

TOMATO JELLY

1 tbsp Knox gelatine ½ c cold water
1½ c seasoned tomato liquor or left over soup

Mold in small cups. Serve with lettuce and dressing as a salad or slice and serve as a sandwich filling with bread spread with cream cheese. Chopped hard cooked eggs or celery may be added.

INDIVIDUAL CREAM CHICKEN SALAD

(Individual Serving)

⅛ tsp Knox gelatine ¾ tsp lemon juice
1 tsp boiling water 1½ tbsp thick cream
3 tbsp cold chicken cut in cubes
½ tsp chopped parsley Speck pepper

Soak gelatine in lemon juice and dissolve in boiling water. Whip cream and combine all ingredients.

INDIAN SALAD

A. 1 envelope Knox gelatine ½ c cold water
2½ c boiling water ¼ c lemon juice
¾ c sugar

B. ¼ c cocoanut 2 cored and chopped apples
2 c chopped celery 3 pimentos
1 tbsp chopped onion ⅓ tsp salt

Make lemon jelly of A. Use half of it in small moulds. When firm, add B. and then the rest of A. When firm, unmold and serve on lettuce with dressing and cocoanut garnish.

CAKES

WAR CAKE

2 c sugar (white or brown)
2 tbsp fat
2 c water
1 box raisins

Boil 5 minutes. Cool and add

3 c flour
2 tsp cinnamon
½ tsp allspice
2 tsp baking powder
½ tsp clove
1 tsp salt
½ tsp soda

Bake one hour. Two loaves.

WAR CAKE (Sugarless)

1 c molasses
1 box raisins
1 c corn syrup
2 tbsp fat

Boil 5 minutes. Cool and add.

2 c white flour
2 tsp cinnamon
½ tsp allspice
½ tsp soda
1 c barley flour or ground oatmeal
½ tsp clove
1 tsp salt
2 tsp baking powder

AUNT BETSY CAKE

¼ c shortening
1 c raisins
⅛ tsp clove
⅛ tsp nutmeg
3 tsp baking powder
1 c molasses
½ tsp cinnamon
⅛ tsp allspice
1 tsp salt
2½ c dark flour
¼ c water

One egg may be added. Figs or dates, instead of raisins.

MOCHA CAKE

1 tbsp shortening
¾ c sugar
1 egg
¾ c milk
¼ tsp salt
½ tsp vanilla
2 c flour
2 tsp baking powder
1½ oz chocolate

Bake in muffin pan or as loaf cake.

FRUIT LAYER CAKE

⅓ c sugar
2 tbsp fat
2 tsp baking powder
1 egg
1½ c flour
½ c milk

Bake in round pan. Cut and use with

Filling

¼ lb figs
½ c nut meats
½ lb dates
Water to moisten

Cook in double boiler till paste is formed. Add 2 tbsp lemon juice.

OATMEAL CAKE

1 egg
½ c milk
¾ c molasses or syrup
¼ c fat or cooking oil
1 c white flour
3 tsp baking powder
½ c ground oatmeal
Spices

Raisins, dates, figs or prunes (½ c) may be added.

APPLE SAUCE CAKE

1 c brown sugar
¼ tsp salt
½ tsp clove
Grating nutmeg
½ c clarified beef drippings
1 tsp cinnamon
½ tsp allspice
1 c raisins
1 c thick, unsweetened apple sauce
1½ tsp soda
1 c flour

Mix soda with sauce, blend all ingredients in given order. Add more flour — generally 1 c to make good cake batter, depending on sauce used. Bake in moderate oven 50 minutes.

SPONGE GINGERBREAD

½ c milk
1 tbsp drippings
1 tsp ginger
¾ tsp soda
½ c molasses
½ c sugar
½ tsp cinnamon
2 c flour

Make one loaf or 12 in muffin tins.

May be served as dessert with sliced bananas.

CHEESE GINGERBREAD

1 c molasses
⅓ c cheese cut in small pieces
½ c water
2 c barley flour
½ tsp salt
1 tsp soda
½ tsp ginger

Heat molasses and cheese in double boiler. When cheese is melted remove from fire. Add other ingredients. Bake 15 minutes in muffin tins.

BARLEY SPONGE CAKE

4 eggs
⅛ tsp salt
3 tbsp cold water
1 c sugar
1 c barley flour
1¼ tsp baking powder
1 tsp extract lemon

CHOCOLATE CAKE

¼ c oleomargarine
½ c corn syrup
2 eggs
3 tsp baking powder
1 tsp vanilla
½ c sugar
2 oz chocolate
1 c mashed potato
½ tsp salt
1⅛ c barley flour

Chocolate may be omitted. Bake as loaf or in muffin tins.

NOTES:—For cakes, also conserve wheat flour and sugar as well as fats. In usual recipe use.

1. 1 c mashed potato for ½ c flour and ½ c milk.
2. Use barley flour, rice flour, oat flour or potato flour for at least thirty to fifty percent for white flour.
3. Use ½ c sugar and ½ c corn syrup for 1 c sugar.

HOME-MADE BAKING POWDER

1 c soda
1 c cornstarch
2 c cream of tartar

Mix and sift these three ingredients eight to ten times and one quart of reliable home-made baking powder will result.

RELEASE SUGAR

Use one-half normal consumption, use at the rate of 3 lbs. per person per month. Food Administration.

Molasses, honey, maple products, corn syrup, commercially combined syrups, rock candy syrup and jams or sweet spreads furnish substitutions. By cooking properly, often the natural sugar in fruits can be used as a means of cane sugar conservation.

Dark corn syrups are molasses substitutes and white syrups sugar substitutes.

DESSERTS

HONEY SOFT CUSTARD

2 c milk
2 yolks
⅓ c honey
⅛ tsp salt

Use two eggs when whites are not needed for another receipt. Use as desserts with chopped nut garnish, as sauce for puddings or poured over sliced fruit.

HONEY BREAD PUDDING

1 c bread crumbs
⅓ c AirlinE honey
¼ tsp salt
1 pt milk
2 yolks
2 tbsp oleo
½ c nut meats

The meats may be omitted. Raisins may be added. If the honey flavor is not desired, add spices. Meringue 2 whites beaten and sweetened with 1 tbsp honey.

RASPBERRY SAMP

½ c samp
2½ c milk or part water

Boil till liquid is taken up by samp which requires long, slow cooking. Add one tbsp oleo, one tsp butter, just as served; one-half tsp salt, one-half c rich jam or one-half c maple syrup for maple samp.

CHOCOLATE PUDDING

1 c bread crumbs
⅓ c sugar
2 oz. sweetened chocolate
½ tsp salt
2 c milk
1 egg
½ tsp vanilla

If unsweetened chocolate is used ⅓ c more sugar is needed. Blend 10 minutes in double boiler. Bake 20 minutes.

MAPLE BLANC MANGE

5 tbsp corn starch
¼ tsp salt
1¼ c maple syrup
1 qt. scalding milk

Cook 20 minutes. Mold and serve with top milk or cream.

FRUIT CORNSTARCH PUDDING

1 c fruit syrup
¼ tsp salt
1 c milk
4 tbsp cornstarch
1 egg if desired

If peach is used the slices may be placed in moistened dish and pudding poured in and cooled. Smaller fruit may be stirred into mixture.

MAPLE CUSTARDS

4 eggs
½ c maple syrup
4 c milk
¼ tsp salt
Grating nutmeg

Bake in custard cups in moderate oven about 20 minutes.

HONEY CUSTARDS

In above custard use ½ c AirlinE honey instead of syrup and add ¼ tsp cinnamon.

FRUIT SPANISH CREAM

1½ tbsp Knox gelatine
¾ c boiling water
3 yolks
2 c scalded milk
3 whites
¼ c cold water
½ tsp salt
2 tbsp white corn syrup
1 tsp vanilla
¾ c fruit

To gelatine and cold water, add boiling water. Make custard of other ingredients, except whites. Combine all, mold after careful stirring. Dates, figs or prunes may be used.

COTTAGE PUDDING

2 tbsp shortening
2 tbsp honey or ¼ c sugar
1 c flour
½ tsp salt
1 egg
1 tsp baking powder
½ c milk
Speck nutmeg
⅛ tsp cinnamon

Serve with honey or other pudding sauce.

TAPIOCA PUDDING

½ c pearl tapioca
½ c sugar
2 c water
½ tsp salt

Soak tapioca several hours Drain and cook all in double boiler. Before tapioca is transparent add ½ c cooked fruit. Fruit juices can be used for 1 c of water and half the sugar omitted.

CORN MEAL AND FIG PUDDING

1 c corn meal
4 c milk and water

Cook 20 minutes in double boiler. Cool and add

2 yolks
1 c chopped figs
2 c milk
1 tsp salt
1 c molasses
2 whites

Mix and bake for 3 hours or cook in fireless cooker 6 hours. Other fruit may be substituted.

DATE CUSTARD

1 lb dates
2 eggs
1 qt. milk
¼ tsp salt

Simmer dates in milk. Press through colander and add eggs. Bake in cups or use for pie filling,

APPLE CUSTARD PUDDING

Place 4 slices of bread in baking dish. Cut two pared and cored apples in halves; place on bread and add custard mixture of

2 c milk — 2 eggs
4 tbsp AirlinE honey — ¼ tsp salt — ½ tsp cinnamon

Bake till custard is firm and fruit soft.

NORWEGIAN PRUNE PUDDING

¾ c cooked and finely cut prunes
1⅔ c water — 2½ tbsp cornstarch
⅛ tsp salt — ½ c sugar
1 in. stick cinnamon if desired, cooked with prunes.

Cook in double boiler until thick. Chill and serve cold with custard sauce.

CHOCOLATE SOUFFLE

2 tbsp fat — 3 tbsp flour — ¾ c milk

Cool slightly and add

1½ oz sweetened chocolate — 3 yolks
3 whites — 1 tsp vanilla

Bake in cups for twenty minutes.

PRUNE HONEY PUDDING

1½ c prunes — 1 c milk
1 c bread crumbs — Juice half lemon
3 tbsp AirlinE honey — 2 tbsp fat
1 c flour — 2 tsp baking powder
1 tsp salt — Grating nutmeg

Let prunes stand half hour, covered with warm water. Drain, stone and cut. Mix pudding and steam two hours.

MAPLE WALNUT TAPIOCA

1 pt milk — 2 tbsp Minute tapioca
2 yolks — ½ tsp salt
⅔ c maple syrup — 1 c walnut meats

Heat milk. Stir in tapioca. Cook 15 minutes, add yolks and stir three minutes. Let cool, add syrup and nuts and serve with whipped cream and nut garnish.

COCOANUT CREAM

2 c milk
3 tbsp AirlinE honey
¼ c cold water
2 eggs whites
2 egg yolks
½ envelope Knox gelatine
1 c shredded cocoanut
¼ tsp salt
1 tsp vanilla

Add soaked gelatine to hot custard made with the milk, egg yolks and honey. Fold in other ingredients and chill in mold lined with orange sections if desired.

HONEY CORNSTARCH PUDDING

2 c milk
½ tsp salt
½ tsp cinnamon
3 tbsp honey
4 tbsp cornstarch
⅛ tsp nutmeg

Cook in double boiler.

PINEAPPLE DAINTIES

1½ c pineapple syrup
2 tsp gelatine
1 tbsp lemon juice

Dissolve soaked gelatine in some of boiling syrup. Mould in 4 small cups. Serve with a slice of pineapple first on plate, jelly, which may be tinted pink on top and garnish of cream or marshmallows.

RICE PUDDING

4 c milk
⅛ c molasses
1 tbsp fat
½ c rice (uncooked)
½ c tsp cinnamon
½ tsp salt

Bake as Indian pudding, about 2½ to 3 hours. Stir occasionally. One fourth cup sugar or 3 tbsp honey may be used in place of molasses.

CREAMY RAISIN PUDDING

4 c milk
½ c AirlinE honey
½ tsp salt
2 tbsp pearl tapioca
2 tbsp uncooked rice
½ c raisins

Bake in slow oven for 3 hours, stirring occasionally. Serve hot or cold.

STEAMED SAGO PUDDING

¼ c sago
¾ c potato flour
¾ tsp baking powder
1 tbsp butter substitute
¼ tsp salt
¾ c raisins

Soak sago over night. Steam pudding 2 hrs. Serve with sweet sauce.

APPLE SAGO

½ c sago
½ c sugar
3 c hot water
½ tsp salt
6 apples
¼ tsp cinnamon

Soak sago 1 hr. in cold water to cover. Cook in the hot water until transparent. Core and pare apples. Place in greased baking dish, add sugar and spice. Pour sago over apples and bake until apples are soft. Serve with milk. One half c. pearl tapioca or ⅓ c prepared tapioca may be used in place of sago. Apples may be sliced if desired.

MAPLE SPONGE

2 c maple sugar
1 envelope Knox gelatine
2 stiff egg whites
½ c hot water
1½c cold water
1 c chopped nut meats

Boil maple sugar and hot water 10 ms, add gelatine soaked in the cold water. When nearly set add egg whites and nuts. Mold and serve with soft custard made with

1 c milk
¼ tsp salt
2 egg yolks
2 tbsp sugar

COLD RICE PUDDING

¾ tbsp Knox gelatine
¼ c boiling water
¼ c sugar
¼ c cold water
⅓ c cooked rice
½ c nuts or fruits
1 c whipped cream

Dissolve soaked gelatine in hot water. Use nuts, raisins, figs, prunes or dates or combinations. Mold in small dishes. Milk may be used instead of cream by adding ¼ tbsp more gelatine.

SWEET SAUCES

LIQUID SAUCE

1 tbsp oleo
1 tbsp flour
1 c hot water
1½ tbsp molasses
Grated nutmeg
½ tsp salt
½ c sugar

Cook in given order except nutmeg. Boil thoroughly; add nutmeg before serving.

MAPLE SAUCE

1 c water
1 tbsp cornstarch
⅓ c maple corn syrup
1 yolk
¼ tsp salt
1 white

Boil water and cornstarch, pour on to syrup and yolk. Cook slightly, fold in stiff white and serve.

HONEY SAUCE

In above sauce substitute ⅓ c honey for maple corn syrup or maple syrup.

FRUIT SAUCE

1 c rich fruit syrup
1 tsp arrowroot

Mix arrowroot with ¼ c cold syrup, add to ¾ c hot syrup and when boiling point is reached a clear sauce results. Syrup from canned pineapple, peach. raspberry, strawberry or other fruits may be used,

MOCK CREAM

1 tbsp cornstarch
1 tbsp sugar
1 c milk
1 egg white
1 tsp vanilla

Heat milk in double boiler. Mix sugar and cornstarch. Cook with milk 10 ms and cool. When ready to serve add vanilla and stiff white.

BROWN SUGAR SAUCE

1 c brown sugar
½ c water
¼ tsp vinegar
1 tbsp cornstarch

Cook until slightly thickened and use hot or cold.

WAR-TIME CONFECTIONS

POP-CORN BALLS

1 c molasses
1 tbsp oleo
1 tbsp sugar
¼ tsp soda
½ tsp salt

Boil molasses and oleo 3 minutes. Add sugar. Boil till it threads very slightly. Remove, add soda. Pour over 4 quarts pop-corn. Shape. Roll in wax papers.

MAPLE BALLS

1 c maple syrup
½ c sugar
½ c cocoanut

Boil until it threads. Pour over 4 qts of corn, as in above recipe.

POP-CORN SQUARES

Put corn through food-chopper. Add corn ball syrup to hold it together. Roll on greased paper with rolling pin into ½ in. sheet. When cool, cut in squares

MAPLE FONDANT

1 lb maple sugar
1 c water

Boil to 238 deg., or till it forms soft ball in cold water. Pour on to a platter. Cool and beat. Used in stuffed dates with nuts or for centres to dip in chocolate.

FRUIT PASTE

½ c chopped dates
¼ c chopped raisins
½ c chopped figs
1 c chopped walnuts

Mix all together and press into oiled pan. Cut and roll caramel in papers or roll into balls, dusting with sugar.

SALTED PEANUTS

Heat the unroasted, shelled peanuts in a warm oven. Remove the jackets. Plunge in boiling oil. Boil till brown. Dry on brown paper salting as soon as spread on the paper.

CHOCOLATE CRACKERS

Oyster crackers or cracker fingers dipped in sweetened coating chocolate and hardened, give a confection or sweet cracker to use for a dessert.

BUTTER SCOTCH

2 c AirlinE Honey
2 c brown sugar
3 heaping tsp butter
2 tbsp vinegar
¼ tsp soda
2 tsp lemon extract

Boil honey, sugar and vinegar untilit hardens when dropped into water (270° F.); stir in the soda extract and butter; pour in buttered tins to cool.

RAISIN AND PEANUT PASTE

1 c raisins
1 tsp salt
½ c peanut butter
3 tbsp sugar

Wash raisins, put through chopper twice and mix all ingredients. Roll into small balls and dust with mixture of 2 tbsp sugar and 1 tbsp cornstarch.

SOUR MILK RECIPES

Buttermilk with ½ tsp. shortening for each cup may be substituted for sour milk.

Sour milk should always be beaten with egg beater before measured.

STEAMED GRAHAM BREAD

3 c graham flour
1 c barley flour
3½ tsp soda
1 tsp salt
1 c molasses
2½ c sour milk.

Mix as brown bread. Steam 3 hours at least.

COTTAGE CHEESE

One qt sour milk. Heat till lukewarm then add 1 qt. warm water. Strain through cheese cloth. When liquid has drained out, moisten the curd with melted oleo or some cream and salt to taste. Shape into balls.

NUT BREAD

1½ c sour milk
4 c barley flour
½ c sugar
1 c nut meats
1 tsp soda
1 egg
1 tbsp fat
¾ tsp salt
2 tsp baking powder

Bake 45 to 60 ms.

RAISIN BREAD

1 c entire wheat flour
¾ c ground oatmeal
1 c sour milk
1 c raisins
1 tsp soda
1 tsp. baking powder
½ tsp salt

Bake 45 ms.

GRAHAM MUFFINS

1 c graham
1 c sour milk
½ tsp. salt
1 c white or barley flour
¾ tsp. soda
1 tbsp shortening
3 tbsp molasses or sugar

SOUR MILK GRIDDLE CAKES

2 c sour milk
1 tbsp sugar
1¼ tsp soda
1 egg
½ tsp salt
2 to 2½ c flour

One c wheat flour and 1 c barley flour, or 2 c barley flour may be used. Half buckwheat, also good.

SOUR MILK GINGERBREAD

1 c molasses
½ tsp salt
½ tsp cinnamon
1 c thick sour milk
1½ tsp soda
1 tsp ginger
2⅓ c flour

Barley flour may be used entirely with fine results.

SPICE CAKE

⅓ c shortening
1 c sour milk
1 tsp soda
¼ tsp clove
¼ tsp allspice
1 c sugar
½ tsp salt
2½ c flour
1 tsp cinnamon
Grating nutmeg
1 c raisins

BARLEY MOLASSES COOKIES

¼ c shortening
½ c molasses
1 c white flour
1 tsp soda
1 tsp ginger
¼ c sugar
½ c sour milk
½ c barley flour
½ tsp salt
½ tsp cinnamon

Drop cookies, to be baked in quick oven.

SOUR MILK BROWN BREAD

1 c corn meal
1 c barley
1¾ c sour milk
¾ tsp soda
1 c ground oatmeal
¾ c molasses
½ tsp salt
½ c raisins

Steam 2½ hrs. in small molds or 3 hrs. in one mold. Raisins may be omitted.

SOUR CREAM DRESSING

1 c sour cream
1 tsp lemon juice
1 tsp sugar
Paprika
½ tsp salt

Beat cream 5 ms. with wire whisk or egg beater, gradually adding other ingredients. This gives a foamy cream dressing, delicious for cucumbers or lettuce.

HOW TO RENDER FATS

The trimmings and fats purchased with meats should always be saved and used. The fats obtained in cooking meats, especially chops, sausage and all waste must be utilized.

TO RENDER FAT:—

To render or "try out" fats, cut in small pieces. Place in a heavy pan in a slow oven and cook several hours. The use of the double boiler on top of range is often recommended and avoids any danger of burning but takes a longer time. When fat is melted and tissues or cracklings are crisp, strain fat through cheese cloth.

To lessen strong flavors fat is rendered with equal parts of water and thus the flavor is washed out. Cool, and allow the fat to harden on top. Remove and reserve for use.

TO CLARIFY:—

Fresh fats will be clarified as rendered but when not fresh, or very strong, or mixed kinds are used, a few slices of raw potato may be added. The most satisfactory method is to use 1 c skimmed milk to 2 lbs fat in place of the water suggested above.

BLENDED FATS:—

Often home rendered fats are two hard to be of the best consistency for shortening. Then blending is recommended.

1. Melt 1 c beef or mutton drippings with ½ c lard or similar commercial fat.
2. Melt 1 ½ c beef or mutton fat with ½ cooking oil. In either method mix thoroughly and cool, stirring occasionally to avoid separation.

TO EXTEND FAT FLAVORS:—

When butter substitutes are used in soups, sauces, vegetables or other hot dishes, the characteristic flavor of butter may often be obtained if a small amount is added just before serving.

HOW TO MAKE SOAP

5 lbs. lukewarm, clarified grease — 1 lb can lye
3 pts cold water — ¼ c ammonia
¼ c powdered borax — ½ c sal soda

Fats unfit for food or frying purposes may be clarified and used for soap. Dissolve lye and sal soda in cold water over night. When cold, slowly add the melted fat, stirring constantly. Best results are obtained if fat is strained through cheesecloth.

Dissolve borax in ⅓ c cold water and add with ammonia to first mixture. Stir until about as thick as molasses, which will be about 20 or 30 minutes. Pour into paste board boxes lined with heavy paper. Cut in pieces before it is two hard and store until well dried. This makes 8 lbs. of soap.

NOTE:—The sal soda makes a more cleansing soap also softens the water and therefore yields more suds. The Ammonia and Borax may be increased to ½ c each with good results.

HOW TO PRESERVE EGGS

During April and May, when eggs are reasonable in price, the thrifty housekeeper may preserve them to be used for cooking purposes during the winter months when eggs are double in price.

9 qts. of boiled and cooled water.
1 qt. of water glass.
15 doz. absolutely fresh eggs.
5 gal. jar or crock with tight fitting cover.

Handle eggs carefully to avoid cracking. The liquids should be mixed in this proportion and the eggs may be added from time to time as they are obtained. Eggs may be removed for use at any time.

Water glass or silicate of sodium may be purchased at many grocery stores, some drug stores, and chemical companies.

COLD PACK CANNING

ADVANTAGES:—

All vegetables, fruits and some meats may be canned by this method satisfactorily; texture, taste and color being preserved. If all materials are in proper condition one is assured that the products will keep.

GENERAL DIRECTIONS

1. Use well selected products; not over ripe and just gathered if possible.
2. To scald—to dip into boiling water:—using a wire basket or cheese cloth bag.
3. To blanch—to boil for the time directions state.
4. To cold dip—to plunge into cold water:—using wire basket or bag as when scalding.
5. Always fill jars to overflowing with liquid.
6. Boiling or sterilizing outfit must have false bottom to raise jars slightly and avoid breakage. When this is made of wood, never use soft pine.
7. Use enough water in kettle, boiler or outfit to cover jars to the necks.
8. Cover outfit tightly and bring water to the boiling point.
9. Count all cooking times from this point.
10. At the end of boiling periods, remove jars, tighten covers and invert, avoiding drafts till cool. This tests leakage possibilities in jars, rubbers or covers.

VEGETABLES

METHOD:—

1. Wash carefully.
2. Scrape, cut or prepare as kind demands.
   Examples—Carrots, scraped.
   Asparagus or String Beans, cut.
   Peas, shelled.
3. Blanch or scald according to time table.
4. Cold dip.
5. Peel if kind demands.
   Examples—Tomatoes and beets.
6. Pack in jars.
7. Fill with cold water and use 1 tsp. salt to each quart.
8. Adjust **new** rubbers, and tops to partially seal. (If spring tops are used place the first clamp in position and leave the second clamp **up** instead of in position to seal tightly. If screw tops, screw down using thumb and little finger only. If lacquered tops,—place in position with clamp provided.
9. Cook in hot water outfit according to time table.

FRUITS

METHOD:—

1. Wash carefully.
2. Scald when time table directs.
3. Cold dip, if scalded.
4. Peel if kind demands.
   Example—Peaches.
5. Pack in jars.
6. Fill with syrup which has been cooled.
7. Adjust new rubbers and tops to partially seal
8. Cook in hot water outfit according to time table

TIME TABLE

PRODUCT	Blanch or Scald	Time to Cook
Apples (whole)	2 m	20 m
" (sliced)		15 m
Asparagus	10 m	1 h
or		3 h
Beans (string)	10 m	1½ h
or		3 h
Beets (small)	5 m	1 h
Blackberries		15 m
Blueberries		12 m
Carrots (small)	5 m	1 h
Cherries		15 m
Corn ; on cob	10 m	4 h
cut		4 h
Crab Apples	2 m	20 m
Currants		10 m
Gooseberries		18 m
Grapes		15 m
Greens	10 m	1 h
Huckleberries		15 m
Parsnips	5 m	1½ h
Peaches	2 m	15 m
Pears	2 m	15 m
Peas	5-10 m	1 h
or		3 h
Pineapple	5 m	30 m
Plums	2 m	15 m
Quince	2 m	40 m
Raspberries		15 m
Rhubarb	3 m	1 m
Squash	5 m	1 h
Strawberries		15 m
Tomatoes	2 m	25 m
Turnips	5 m	1½ h

SIZE OF JAR. Quart is used in above. In most cases pint cans require practically the same time—a few minutes less with fruits.

SYRUPS FOR FRUITS

General Rule:—3 parts sugar to 2 parts water.

Thin syrup. Heat the above to boiling point.

Medium syrup. Boil the above 3 minutes.

Thick syrup. Boil the above 6 minutes.

EXAMPLES:—

Thin syrup—peaches, pears, apples.

Medium syrup—blackberries, raspberries, sweet-cherries.

Thick syrup—gooseberries, currants, sour cherries.

The density of the syrup to be used depends on the taste of the family. Many families prefer medium syrup for all fruits except currants and sour cherries which always require thick syrup.

Some fruits may be canned without sugar using water in place of syrup, the sugar being added to taste when fruit is opened. The flavor is not as good, however as when syrup is used.

SPECIALS

CANNED CORN

Cut corn from cobs, scraping out all the milk from cobs. Add water to cover and boil 12 ms. Pack in jars with ½ tsp. salt and sugar to each quart. Boil the cobs in water to partly cover and use this liquid to fill jars to overflowing. Partially seal jars and cook 1 hour as all cold-pack vegetables.

TOMATO MINCE MEAT

8 qts green tomatoes
5 lbs sugar
1 c suet or drippings
1 c vinegar
2 tbsp clove
8 qts apples
2 lbs chopped raisins
3 tbsp salt
2 tbsp cinnamon
1 nutmeg

Chop tomatoes, drain, scald for 10 ms. in water to partly cover and drain again. Add apples, dropped, not pared, and all ingredients.

Cook till tomato is about the color of the raisins and the apple is very soft. Put into jars and seal while very hot.

CRANBERRY SAUCE

1 qt cranberries
1 c AirlinE honey
2 c water
2 tbsp cornstarch
¼ tsp soda

Put berries, water and soda in saucepan. Bring to boiling point. Pour off this water and add ¾ c fresh boiling water. Cook 10 ms. Strain, reheat, add honey and cornstarch (mixed in ¼ c more cold water.) Cook 15 ms. Remove from range and cool.

JELLIES AND JAMS

APRICOT PRUNE JAM

25 prunes 25 apricots 1 c sugar

Cover with cold water. Soak over night. Then cook till very soft. Mash slightly, add sugar, slowly cook till dissolved and quite dry.

CARROT MARMALADE

2 cooked carrots 4 c sugar 2 lemons

Wash and scrape the carrots and cook in boiling water until tender. Drain and put through the meat-chopper. Add the juice and grated rinds of the lemons, and the sugar. Cook slowly about half an hour or until the consistency of marmalade. This quantity will fill six jelly-glasses. It tastes like a fine orange marmalade.

KARO APPLE JELLY

Juice 2 parts Sugar 1⅛ Crystal White Karo ⅜

In apple jelly use juice and sugar in the above proportion, instead of equal amount of sugar.

CRANBERRY JELLY

2 qts cranberries 1 qt water

Boil ten minutes, and strain in vegetable strainer. Measure and add one-half the measurement of sugar to juice and pulp. Boil ten minutes. Pour into tumblers and add wax when cold and set.

BAR-LE-DUC CURRANTS

Wash and stem white or red currants. Use equal weights of fruit and strained honey. When honey is hot, add fruit; simmer four hours. Skim out the fruit and put in small tumblers and cook syrup until thick, then fill glasses. Cover when cold with white paper and wax. Fruit may be seeded but this is much work.

APPLE BUTTER

Slice 4 lemons, cover with water and let stand over night. In morning put into kettle with 8 lbs. apples, pared, cored and sliced. Cook 1 hr. Add 3 lbs. sugar. Cook slowly with frequent stirring 1½ hrs. or till of proper consistency. Pack while hot into sterilized jars and cook by cold pack method in hot water outfit 10 ms. This last cooking in hot water outfit may be omitted and jars sealed with paraffine, but if followed to assure the keeping and not molding of the butter, it is best.

APPLE AND CRANBERRY JELLY

1 pk apples 1 qt cranberries

Cook separately till soft with small amount of water. Strain, combine juices and boil 20 ms add ½ as much more sugar as juice. Boil tell it jells.

DRYING OF FRUITS AND VEGETABLES

As a feature of food conservation the drying of vegetables and fruits is now recommended because large quantities may be stored in a small space and in inexpensive receptacles. Products otherwise wasted may be saved for winter use. This is most practical for the house where a root cellar and vegetable closets are not feasible in which to store fresh winter vegetables.

THREE METHODS OF DRYING

1. Sun drying.
2. Drying by artificial heat.
3. Drying by air and air-blast, (as an electric fan).

All methods require time and the large water content of the product must be thoroughly dried out, then before using, with a long soaking (12 to 24 hrs) this is replaced.

Sun drying is many times unsatisfactory because of the uncertainty of weather conditions.

Artificial heat drying is satisfactory in an oven in which heat, can be controlled (gas or electric) and the temperature should be 110 degrees F. when work is started, and increased to 140 degrees, **never** over 150.

Product is placed on large baking sheets and time required will vary from 3 to 7 hrs.

Homemade driers or racks with low-wooden sides and fine wire bottoms are often suspended above a wood or coal range and this temperature of 120-140 degrees thus obtained.

Commercial driers may be purchased and their directions followed.

When the third method is employed products are put on trays or racks so placed as to allow good air circulation and with an electric fan the average time required, is about 24 hrs.

Often the methods are combined, and sun and air both used, or, again, partly dried with heat and finished with air method. In all cases complete drying is necessary. To test, place the dried product in jar or box for storage and with it a crisp cracker. After 12 hrs. remove cracker and if not still crisp the presence of moisture is shown and drying must be continued before storing fruit or vegetables.

Shell beans, corn and peas are the vegetables and apples, peaches and berries the fruits most successfully treated by drying methods and most practical in either country or city homes.

INDEX

A

Apple Pudding..... 23
American Chop Suey..... 25
Apples and Raisins..... 37
Aunt Betsy Cake..... 49
Apple Sauce Cake..... 50
Apple Custard Pudding... 55
Apple Sago..... 57
Apple Butter..... 71
Apple and Cranberry Jelly. 71

B

Baked Banana Salad..... 47
Baked Bananas..... 35
Baked Bean Rarebit..... 33
Baked Bean Soup..... 34
Baked Brown Bread..... 12
Baked Cheese Fondu..... 32
Baked Eggs au Gratin.... 29
Baked Fish Carleton..... 28
Baked Rice and Meat..... 25
Baked Rice Pudding..... 22
Baked Samp..... 39
Baked Squash..... 43
Baked Whiting Fish..... 27
Banana and Fruit Salad... 35
Barley Bread..... 10
Barley Molasses Cookies... 62
Barley Scones..... 18
Barley Soup 41
Barley Sponge Cake..... 51
Barley-le-duc Currants... 70
Bean and Turnip Puffs.... 44
Bean Sausage..... 34
Bean Soup..... 41
Beef Loaf..... 24
Boiled Cheese Fondu..... 32
Bran Bread..... 8
Bran Cookies 19
Bran Muffins..... 13
Bread Crumb Bread..... 9
Bread Omelet..... 29
Brown Sugar Sauce..... 58
Butter Scotch..... 60

C

Canned Corn..... 69
Carrot Marmalade..... 70
Celery au Gratin..... 43
Celery Sauce..... 46
Celery Toast..... 45
Cheese Fondu..... 31
Cheese Fondu..... 39
Cheese Gingerbread..... 51
Cheese Omelet..... 29
Cheese Toast..... 31
Chocolate Cake..... 51
Chocolate Crackers..... 60
Chocolate Pudding..... 53
Cocoanut Cream..... 56
Chocolate Souffle..... 55
Cod Roll..... 27
Cold Pack Canning..... 65
Cold Rice Pudding..... 57
Combination Muffins..... 14
Corn and Egg Souffle..... 30
Corn and Potato Loaf..... 44
Corn Bread..... 8
Corn Bread (Quick)..... 12
Corn Cheese Souffle..... 32
Corn Chowder. 40
Corn Dodgers..... 17
Corn Fritters..... 45
Corn Griddle Cakes..... 16
Corn Meal Mush..... 16
Corn Meal Mush with Cheese 16
Corn Meal Pudding..... 54
Corn Mush Bread..... 9
Corn Omelet 30
Corn Pudding..... 22
Corn Ramekins 42
Corn Toast 15
Corn Yeast Rolls..... 11
Cornstarch Cookies..... 19
Cottage Cheese..... 61
Cottage Pudding..... 54
Cottonseed Flour Bread... 9
Crab Souffle 28
Cranberry Jelly..... 70
Cranberry Sauce..... 69
Cream Chicken Salad..... 48
Cream Sago Soup..... 41
Cream Salad Dressing..... 47
Cream Tomato Sauce..... 46
Creamed Eggs..... 29
Creamed Fish..... 26
Creamed Potatoes..... 45
Creamy Raisin Pudding... 56
Crumb Griddle Cakes..... 16

D

Date Custards..... 54
Date Muffins..... 13
Date Pudding..... 21
Dried Apple Sauce..... 37
Dried Beef with Hominy.. 25
Dried Peas with Rice..... 34
Dutch Stew..... 24

E

Eggless Muffins..... 13
English Stew with Barley. 41
Entire Wheat Biscuits.... 18
Entire Wheat Bread..... 8
Epicurean Finnan Haddie. 27
Escalloped Potatoes..... 42

F

Fig Pudding..... 21
Fruit Brown Betty..... 23
Fruit Compote..... 37
Fruit Corn Muffins..... 15
Fruit Delight..... 37
Fruit Cornstarch Pudding. 53
Fruit Layer Cake..... 50
Fruit Paste..... 59
Fruit Salad..... 47
Fruit Sauce..... 58
Fruit Souffle..... 36
Fruit Spanish Cream..... 54

G

Ginger Corn Cookies..... 20
Graham Biscuits 18
Graham Bread..... 8
Graham Muffins..... 61
Graham Squares..... 17

H

Halibut Steak 28
Home-made Baking Powder 51
Hominy Drop Gems..... 14
Honey Bread Pudding.... 52
Honey Cornstarch Pudding 56
Honey Custards..... 53
Honey Drop Cakes..... 19
Honey Nut Squares..... 19
Honey Sauce..... 58
Honey Soft Custard..... 52
Honeyed Apples..... 36
Hungarian Goulash..... 25

I

Indian Salad..... 48
Irish Stew 24
Italian Hash..... 25
Italian Risotto 38

J

Jellied Fish..... 28
Jellied Prunes..... 36

K

Karo Apple Jelly..... 70
Ketchup Sauce 46

L

Lady Cabbage..... 44
Lentil Rolls..... 44
Lentil Soup..... 34
Liberty Breads..... 8
Liquid Sauce 58

M

Macaroni Rarebit..... 31
Macaroni with Chicken... 24
Maple Balls..... 59
Maple Blanc mange 53
Maple Custards..... 53
Maple Fondant..... 59
Maple Sauce..... 58
Maple Sponge..... 57
Maple Syrup Cakes..... 14
Maple Walnut Tapioca.... 55
Mayonnaise Dressing..... 47
Mexican Rarebit..... 31
Milk Sauce 46
Minnesota Bread..... 11
Mocha Cake 49
Mock Cream..... 58
Molasses Cookies 20
Moulded Fish..... 26

N

Newton Tapioca 21
Norwegian Prune Pudding 55
Nut and Cheese Loaf..... 31
Nut and Rice Loaf..... 35
Nut Bread..... 12
Nut Bread..... 61

O

Oatmeal Biscuits..... 18
Oatmeal Bread..... 9
Oatmeal Buns..... 15
Oatmeal Cakes..... 50
Oatmeal Macaroons..... 20
Oatmeal Muffins..... 13
Oatmeal Pudding..... 23
Oatmeal Soup..... 40
Oyster Pie 28

P

Panned Fish..... 26
Peanut Butter and Spaghetti 45
Peanut Butter Bread..... 12
Peanut Butter Cookies.... 20
Peanut Butter Soup..... 41
Peanut Cookies 19
Pimento Roast..... 33
Pineapple Dainties..... 56
Planked Fish..... 26
Plum Pudding 22
Pop Corn Balls..... 59
Pop Corn Pudding..... 22
Pop Corn Squares..... 59
Pop-overs 18
Potato Bread 10
Potato Buns 15
Potato Corn Muffins..... 15
Potato Timbales..... 42
Pressed Beans and Sausage 33
Prune and Nut Bread..... 9
Prune Apricot Jam..... 70
Prune Honey Pudding..... 55

Q

Quick Raisin Bread..... 12

R

Raisin and Peanut Paste.. 60
Raisin Bread..... 61
Raisin Fruit Salad..... 35
Raspberry Samp 52
Rice and Egg Souffle..... 30
Rice Bread 10
Rice Crisps 17
Rice Flour Bread 10
Rice Muffins 14
Rice Omelet 30
Rice Pudding..... 56
Rice Waffles 17
Rolled Fruit Cookies..... 20
Roman Meal Bread..... 8
Rye Bread 8

S

Salmon with Peanuts..... 36
Salt Fish Chowder..... 26
Salted Peanuts 60
Samp with Cheese..... 39
Savory Rice 38
Shortcakes 22
Soubise Sauce..... 46
Sour Cream Dressing..... 62
Sour Milk Brown Bread... 62
Sour Milk Gingerbread.... 62
Southern Spoon Bread..... 12
Sour Milk Griddle Cakes.. 62
Soy Bean Cutlets..... 33
Spanish Codfish..... 27
Spanish Rice..... 38
Spice Cake 62
Spider Corn Bread..... 14
Split Pea Soup..... 34
Sponge Gingerbread..... 50
Squash Custards..... 43
Steamed Carrot Pudding... 23
Steamed Graham Bread... 61
Steamed Graham Pudding. 21
Steamed Sago Pudding.... 57
Stuffed Baked Potatoes .. 42
Stuffed Onions 43
Stuffed Pepper Cases..... 43
Stuffed Tomatoes..... 42

T

Tapioca Pudding..... 54
Thick Molasses Cookies... 20
Tomato Cakes..... 44
Tomato Jelly..... 48
Tomato Mince Meat..... 69
Tomato Rarebit..... 32
Tomato Sauce..... 46
Tomato Toast..... 45
Tuna Loaf..... 27

V

Vegetable Hash..... 44
Vegetable Nut Loaf..... 35
Virginia Samp 38

W

War Cake 49
Wheatless Muffins 15
White Corn Bread..... 11

Y

Yeast Breads..... 7

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1 c stewed and sifted pumpkin
2-3 cup AirlinE honey
1 egg
2 teaspoons flour
1 teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
1½ cups sweet milk

Blend the pumpkin and honey, beat in the egg, mix the spices, flour, and salt with a little of the milk, and add, and then stir in the rest of the milk. Bake in a crust made of ¼ part cornmeal.

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